

# Elk Grove Senior Resource Guide

## Important Phone Numbers

Emergency.....911  
 Police .....875-0501  
 Sheriff .....686-5705  
 Hospitals:  
   Kaiser Permanente .....688-2000  
   Methodist .....423-3000  
   Bruceville Terrace .....423-6000  
 Post Office .....(800) 275-8777  
 Utilities:  
   Frontier Telephone.....(800) 921-8108  
   Water - Elk Grove East.....685-3556  
   Water - County Areas/Laguna.....874-6851  
   Electricity/SMUD.....(888) 742-7683  
   Natural Gas/PG&E.....(800) 743-5000  
   Cable Television.....(888) 262-6300  
 Transportation  
   Regional Transit.....321-BUSS



A Partnership between  
 The Senior Center of Elk Grove &  
 Elk Grove Community Services District

# Senior



## Elk Grove & South Sacramento Area

*Compliments of  
 the Elk Grove Senior Center and  
 the Elk Grove CSD  
 Department of Parks & Recreation*



Activities • Services • Facilities

Resource Guide

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*MAKE THE MOST OF LIFE!*

*Learn to make the most of life,  
Lose no happy day.*

*Time can never bring you back  
Chances swept away.*

*Leave no tender word unsaid,  
Love while life shall last.*

*The mill will never turn again,  
With water that has passed.*

*- Author Unknown*

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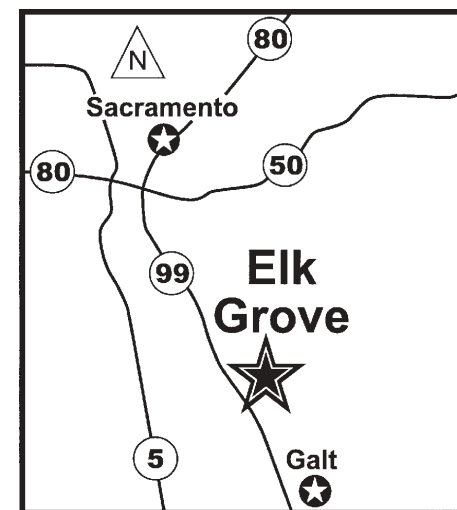
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## Welcome

Elk Grove is located at the southern tip of Sacramento County. The area is growing rapidly and has many services to offer the community. Use this senior resource directory as your guide to businesses and services in the Elk Grove area. The Elk Grove Senior Center and the Elk Grove Community Services District show their commitment to this area and contribute to keeping Elk Grove a great place to live.



## Service Area



Businesses and services within this guide proudly serve the Elk Grove area.

# Financial

## Allstate Financial Services

8937 Elk Grove Blvd  
Elk Grove, CA 95624

Phone Number: (916) 996-0260  
Contact: Kimberly Worsley

Years in Operation: 16  
Organization Type: Financial  
Area Served: Greater South Sacramento

Days of Operation: Monday - Saturday  
Hours of Operation: 9am-5pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: No

Services Provided: Financial services

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## Bank of Lodi

9663 E. Stockton Blvd  
Elk Grove, CA 95624

Phone Number: (916) 685-8350  
Fax Number: (916) 685-8388  
Website: [www.bankoflodi.com](http://www.bankoflodi.com)  
Contact: Cathleen Dougherty

Years in Operation: 21  
Organization Type: Financial  
Area Served: North Galt, Elk Grove, South Sacramento

Days of Operation: Monday - Friday  
Hours of Operation: M-Th 9am-5pm, Fri 9am-6pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Financial services

## Edward Jones

9098 Laguna Main Street, Suite #7A  
Elk Grove, CA 95758

Phone Number: (916) 691-4665  
Fax Number: (877) 222-2875  
Website: [www.edwardjones.com](http://www.edwardjones.com)  
Contact: Mark Thomas

Years in Operation: 131  
Organization Type: Financial  
Area Served: Greater South Sacramento

Days of Operation: Monday - Friday  
Hours of Operation: 8am-5pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Financial services

## Project R.I.D.E.

8840 Southside Ave  
Elk Grove, CA 95624

Phone Number: (916) 685-7433  
Fax Number: (916) 686-0500  
Website: [www.projectride.org](http://www.projectride.org)  
Contact: Debi Steward

Years in Operation: 23  
Organization Type: Therapeutic  
Area Served: Elk Grove, Sacramento

Days of Operation: Monday - Friday  
Hours of Operation: 8:30am-4:30pm

Fees: None  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Therapeutic Horseback Riding  
Operates solely on volunteers. Call for info. on how to  
be involved in helping the community.

# Therapeutic Services

## Crisara Creative Therapy Clinic

7231 Alpine Frost Drive  
Sacramento, CA 95883

Phone Number: (916) 689-4822  
Fax Number: (916) 689-9494  
Website: [www.crisara.net](http://www.crisara.net)  
Contact: Ava J. Williams, MS, MT

Years in Operation: 1  
Organization Type: Therapy  
Area Served: Sacramento, Elk Grove/Laguna, Greenhaven

Days of Operation: Monday, Tuesday, Thursday, Saturday  
Hours of Operation: 10am-6pm

Fees: Call for more information  
Public Transportation: Yes  
Disabled Access: Yes

Services Provided: Counseling, music, relaxation,  
social skills therapy

## Farmers and Merchants Bank

8799 Elk Grove Blvd  
Elk Grove, CA 95624

Phone Number: (916) 686-4890  
Fax Number: (916) 686-4888  
Contact: Stan Soo Hoo

Years in Operation: 86  
Organization Type: Financial  
Area Served: Elk Grove

Days of Operation: Monday - Saturday  
Hours of Operation: M-Th 9am-5pm, Fri 9am-6pm,  
Sat 9am-1pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Financial services

## Paul Jones, CPA

9727 Elk Grove-Florin Road, Ste. 150  
Elk Grove, CA 95624

Phone Number: (916) 685-8775  
Contact: Paul Jones

Years in Operation: 30  
Organization Type: Certified Public Accountant  
Area Served: Elk Grove

Days of Operation: Monday - Friday  
Hours of Operation: 8am-5pm

Fees: Call for more information  
Public Transit: No  
Disabled Access: No

Services Provided: Accounting

## Dial-A-Ride

c/o Elk Grove Senior Center

8830 Sharkey Avenue  
Elk Grove, CA 95624

Phone Number: (916) 686-4736  
Contact: Chuck Beal

Years in Operation: 2  
Organization Type: Non-Profit  
Area Served: Greater Elk Grove area

Days of Operation: Monday - Friday  
Hours of Operation: 9am-3:30pm

Fees: \$1 donation each way  
Public Transit: No  
Disabled Access: No

Services Provided: Transportation for seniors

# Transportation

## Community Transportation Agency

PO Box 246  
Galt, CA 95632

Phone Number: (209) 745-3198  
Fax Number: (209) 745-3458  
Website: [www.sct/link.homestead.com](http://www.sct/link.homestead.com)  
Contact: June Gilmore

Years in Operation: 1  
Organization Type: Non-Profit  
Area Served: South Sacramento County/ Galt

Days of Operation: Monday - Saturday  
Hours of Operation: M-Fri 6am-7:20pm, Sat. 8am-5pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: No

Services Provided: Transportation

## Primevest Financial Services

9340 E. Stockton Blvd  
Elk Grove, CA 95624

Phone Number: (916) 714-2216  
Fax Number: (916) 685-2803  
Contact: Bob Hoyme

Years in Operation: 20  
Organization Type: Financial  
Area Served: Elk Grove/ Sacramento

Days of Operation: Monday - Friday  
Hours of Operation: 8am-5pm or by appointment

Fees: Call for more information  
Public Transit: No  
Disabled Access: No

Services Provided: Financial services

# Health

## Greco Chiropractic

6624 Laguna Blvd., Ste 104  
Elk Grove, CA 95758

Phone Number: (916) 691-3900  
Fax Number: (916) 691-3902  
Contact: Dr. Greco

Years in Operation: 2  
Organization Type: Chiropractor  
Area Served: Elk Grove/ Laguna

Days of Operation: Monday - Friday  
Hours of Operation: MWF 10am-12pm, M-F 3pm-7pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Chiropractic

## Voluntary Legal Services

517 12th Street  
Sacramento, CA 95814

Phone Number: (916) 551-2102  
Fax Number: (916) 551-2100  
Website: [www.vlsp.org](http://www.vlsp.org)  
Contact: Vicki Jacobs

Years in Operation: 20  
Organization Type: Legal Aid  
Area Served: Sacramento County

Days of Operation: Monday - Friday  
Hours of Operation: 9am-5pm

Fees: None  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Legal advice

## UC Davis Care Management

3700 Business Drive, Ste 130  
Sacramento, CA 95820

Phone Number: (916) 734-5432  
Contact: Kathy Harrison

Years in Operation: 15  
Organization Type: Case Management  
Area Served: Sacramento, Placer, Yolo Counties

Days of Operation: Monday - Friday  
Hours of Operation: 8am-5pm

Fees: Call for more information  
Public Transit: No  
Disabled Access: Yess

Services Provided: Caregiver resources, case management,  
caregiver support

## Health for All, Inc.

2730 Florin Road  
Sacramento, CA 95822

Phone Number: (916) 393-4861  
Fax Number: (916) 393-2711  
Contact: Marie Young

Years in Operation: 20  
Organization Type: Health  
Area Served: Sacramento County

Days of Operation: Monday - Friday  
Hours of Operation: 8am-5pm

Fees: None  
Public Transit: No  
Disabled Access: No

Services Provided: Health services

## South Sacramento Medical Center, Kaiser Permanente

6600 Bruceville Rd  
Sacramento, CA 95823

Phone Number: (916) 688-2254  
Fax Number: (916) 688-2586  
Website: [www.kaiserpermanente.org](http://www.kaiserpermanente.org)  
Contact: Michael Pucci

Years in Operation: 17  
Organization Type: Medical Center  
Area Served: South Sacramento County

Days of Operation: 7 Days a week  
Hours of Operation: 24 Hours a Day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Medical center services, health education, variety of health education classes designed for seniors

## SSIP Counseling Centers

7486 Center Parkway  
Sacramento, CA 95823

120 7th Ave  
Galt, CA 95632

Phone Number: (916) 427-5208  
Fax Number: (916) 421-6500  
Contact: Myrna-Kay Robinson, L.M.F.T.

Years in Operation: 20  
Organization Type: Mental Health  
Area Served: South Sacramento, Elk Grove, Galt

Days of Operation: Tuesday - Saturday  
Hours of Operation: 10am-8pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Individual and couple therapy.  
Group counseling, classes and training.

## Southeast Lawn Memorial Park and Mortuary

Lic # F.D.-1455

9189 E. Stockton Blvd.  
Elk Grove, CA 95624

Phone Number: (916) 732-2031

Fax Number: (916) 685-2659

[www.eastlawn.com](http://www.eastlawn.com)

Contact: Craig Peterson

Years in Operation: 37

Organization Type: Mortuary, cemetery

Area Served: Elk Grove, South Sacramento, Galt

Days of Operation: 7 Days a Week

Hours of Operation: 9am-5pm

Fees: Call for more information

Public Transit: Yes

Disabled Access: Yes

Services Provided: Funeral services

## Sunbridge Care and Rehabilitation

9461 Batey Ave  
Elk Grove, CA 95624

Phone Number: (916) 685-9525

Fax Number: (916) 685-3373

Contact: Theresa Harrison

Years in Operation: 30

Organization Type: Rehabilitation Center

Area Served: Elk Grove, South Sacramento County

Days of Operation: 7 Days a week

Hours of Operation: 24 Hours a Day

Fees: Call for more information

Public Transit: Yes

Disabled Access: Yes

Services Provided: Physical rehabilitation services

## Sacramento County Mental Health Treatment Center

2150 Stockton Blvd  
Sacramento, CA 95817

Phone Number: (916) 875-1000  
Fax Number: (916) 875-1002  
Website: [www.cosacramento.ca.us](http://www.cosacramento.ca.us)  
Contact: Sandy Damiano

Organization Type: Psychiatric care  
Area Served: Sacramento County

Days of Operation: 7 days a week  
Hours of Operation: 24 hours per day

Fees: None  
Public Transit: No  
Disabled Access: Yes

Services Provided: Psychiatric services

## Social Security Administration

40 Massie Circle  
Sacramento, CA 95823

Phone Number: (916) 689-5293  
Fax Number: (916) 682-7243  
Contact: Katherine McNally

Years in Operation: 66  
Organization Type: Social Security  
Area Served: South Sacramento

Days of Operation: Monday - Friday  
Hours of Operation: 9:30am-4:30pm

Fees: Call for more information  
Public Transit: No  
Disabled Access: No

Services Provided: Residential care

## Sacramento County Network of Care

4875 Broadway  
Sacramento, CA 95820

Phone Number: (916) 874-9533  
Fax Number: (916) 874-9682  
Website: [www.sacramento.networkofcare.org](http://www.sacramento.networkofcare.org)  
Contact: Stacie Hiramoto

Organization Type: Website  
Area Served: Sacramento County

Days of Operation: 7 Days per Week  
Hours of Operation: 24 Hours a Day

Fees: Call for more information

Services Provided: Web resource guide

## Home Services

## All American Home Services

Mail Address:  
PO Box 2051, Elk Grove, CA 95759

10519 E. Stockton Blvd., Ste. 85, Elk Grove, CA 95624

Phone Number: (916) 685-9155  
Fax Number: (916) 685-8176  
Email: [www.haahs.com](http://www.haahs.com)  
Contact: Dale Hamilton

Years in Operation: 12  
Organization Type: Pest Control / Contracting services  
Area Served: Elk Grove

Days of Operation: Monday - Friday  
Hours of Operation: 8am-5pm

Fees: Call for more information  
Public Transit: No  
Disabled Access: No

Services Provided: Pest control, termite, home inspections,  
general contractor, remodeling

## Essy Care, Inc

8788 Elk Grove Blvd. #16  
Elk Grove, CA 95624

Phone Number: (916) 685-7545  
Fax Number: (916) 685-1295  
Email: [essycare@elkgrove.net](mailto:essycare@elkgrove.net)  
Contact: Bob Brown

Years in Operation: 7  
Organization Type: Homemake services  
Area Served: Elk Grove, South Sacramento, Wilton, Galt

Days of Operation: Monday - Friday  
Hours of Operation: 9am-5pm

Fees: Call for more information  
Public Transit: No  
Disabled Access: No

Services Provided: Caregiver resources, hospice

## Metro Moving

9522 Soaring Oaks Drive  
Elk Grove, CA 95758

Phone Number: (916) 684-5777  
Contact: Sue VanDen Broeke

Years in Operation: 12  
Organization Type: Moving company  
Area Served: Elk Grove, Northern California

Days of Operation: 7 Days a week  
Hours of Operation: 8am-5pm

Fees: Call for more information  
Public Transit: No  
Disabled Access: No

Services Provided: Household furniture moving

## Meals a la Car

3829 41st Ave  
Sacramento, CA 95824  
PO Box 245361  
Sacramento, CA 95824

Phone Number: (916) 391-3837  
Fax Number: (916) 391-1644  
Contact: Phyllis Blum

Years in Operation: 30  
Organization Type: Meal Program  
Area Served: Sacramento and surrounding areas

Days of Operation: Monday - Friday  
Hours of Operation: 8am-2:30pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Meal program

## Mason's Flooring

9097 Elk Grove Blvd  
Elk Grove, CA 95624

Phone Number: (916) 684-6778  
Contact: Charles Mason

Years in Operation: 9  
Organization Type: Flooring  
Area Served: South Sacramento County

Days of Operation: Tuesday-Saturday  
Hours of Operation: Tu 9 am-5:30pm, Sat 9am-4pm

Fees: Call for more information  
Public Transit: No  
Disabled Access: No

Services Provided: Flooring for home or business

# Libraries

## Elk Grove Community Library

8962 Elk Grove Blvd  
Elk Grove, CA 95624

Phone Number: (916) 685-5270  
Fax Number: (916) 685-5266  
Website: [www.saclibrary.com](http://www.saclibrary.com)  
Contact: Pat Sandefur

Organization Type: Public Library  
Area Served: Elk Grove/Laguna

Days of Operation: Monday - Saturday  
Hours of Operation: Mon 2pm-8pm, T-Th 11am-8pm,  
Fri-Sat 1pm-5pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Library services

## In Alliance

6950 21st Ave  
Sacramento, CA 95820

Phone Number: (916) 381-1300  
Fax Number: (916) 381-9026  
Contact: Patty Crosby

Years in Operation: 50  
Organization Type: Living support  
Area Served: Sacramento, El Dorado, Delta

Days of Operation: Monday - Friday  
Hours of Operation: 8am-4:30pm

Fees: Call for more information  
Public Transit: No  
Disabled Access: No

Services Provided: Residential care

## Frontier (Citizens Communications)

9324 W. Stockton Blvd.  
Elk Grove, CA 95758

Phone Number: (800) 921-8101  
Fax Number: (928) 718-1244  
Contact: Robert Worden

Organization Type: Communications  
Area Served: Elk Grove/ Laguna/ Rio Vista/ Wilton

Days of Operation: 7 Days per Week  
Hours of Operation: 7am-5pm

Fees: Call for more information

Services Provided: Telecommunications

## Martin Luther King Jr. Library

7340 24th Street  
Sacramento, CA 95822

Phone Number: (916) 264-2770  
Fax Number: (916) 433-2045  
Contact: Terry Chekon

Years in Operation: 31  
Organization Type: Public Library  
Area Served: Sacramento County

Days of Operation: Monday - Saturday  
Hours of Operation: Mon 12pm-8pm, T-Th 11am-8pm,  
Fri 1pm-5pm, Sat 11am-5pm

Fees: None  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Library services

## Southgate Community Library

6132 66th Ave  
Sacramento, CA 95823

Phone Number: (916) 264-2770  
Fax Number: (916) 433-2038  
Website: [www.saclibrary.com](http://www.saclibrary.com)  
Contact: Rosemary Aschwanden

Organization Type: Public Library  
Area Served: South Sacramento

Days of Operation: Tuesday - Saturday  
Hours of Operation: Tue 1pm-8pm, W-Th 11am-8pm,  
Fri 1pm-5pm, Sat 10am-5pm

Fees: None  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Library services

## Special Services

## Allstate Insurance

8937 Elk Grove Blvd  
Elk Grove, CA 95624

Phone Number: (916) 686-4663  
Fax Number: (916) 686-8370  
Contact: Susan Strong

Years in Operation: 16  
Organization Type: Insurance  
Area Served: Elk Grove/Laguna, Wilton, Sheldon,  
South Sacramento

Days of Operation: Monday - Friday, Saturday by  
appointment  
Hours of Operation: 8:30am-5:30pm

Fees: Call for more information  
Public Transit: No  
Disabled Access: No

Services Provided: Life, business, home, auto insurance,  
IRAs, annuities

## Non-Profits

### Westwood Care Home

7162 Snowy Birch Way  
Sacramento, CA 95823

Phone Number: (916) 681-2056  
Fax Number: (916) 681-2056  
Contact: Steve Molina

Years in Operation: 60  
Organization Type: Residential care home  
Area Served: South Sacramento, ELk Grove/Laguna

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Residential care

### Alzheimer Aid Society of Northern CA

105 South Washington  
Lodi, CA 95240

Phone Number: (209) 333-2649  
Fax Number: (209) 333-1803  
Contact: John Gorman

Years in Operation: 21  
Organization Type: Non-Profit  
Area Served: Northern California

Days of Operation: Monday - Friday  
Hours of Operation: 9am-1pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: No

Services Provided: Alzheimer resources

## American Cancer Society Discovery Shop

8535 Elk Grove Blvd  
Elk Grove, CA 95624

Phone Number: (916) 685-7449  
Fax Number: (916) 685-7441  
Website: [www.cancer.org](http://www.cancer.org)  
Contact: Sue Thompson

Years in Operation: 7  
Organization Type: Non-Profit  
Area Served: Elk Grove/Laguna

Days of Operation: 7 Days a Week  
Hours of Operation: M-Sat 10am-5pm, Sun 10am-2pm

Fees: Call for more information  
Public Transit: No  
Disabled Access: No

Services Provided: Donated goods for sale

## Tabitha Home Care

9356 Soaring Oaks Drive  
Elk Grove, CA 95758

Phone Number: (916) 684-4288  
Contact: Fibia Sirb

Years in Operation: 5  
Organization Type: Residential care home  
Area Served: Elk Grove

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Residential care, private rooms,  
transportation to and from doctor's

## Sunrise Guest Homes

8705 Great Court  
Elk Grove, CA 95624

8818 Sharkey Ave  
Elk Grove, CA 95624

Phone Number: (916) 685-6910  
Fax Number: (916) 685-6910  
Contact: Patty Myrna Descargar LVN

Years in Operation: 8  
Organization Type: Residential care home  
Area Served: South Sacramento

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Residential care

## Elk Grove Chamber of Commerce

8820 Elk Grove Blvd Ste. 4  
Elk Grove, CA 95624

Phone Number: (916) 685-3911  
Fax Number: (916) 686-5814  
Website: [www.elkgroveca.com](http://www.elkgroveca.com)  
Contact: Janet Toppenburg

Years in Operation: 50  
Organization Type: Non-Profit  
Area Served: Elk Grove/Laguna

Days of Operation: Monday - Friday  
Hours of Operation: 9am-5pm

Fees: None  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Referrals, community resources

## Neighborhood Assistance Corporation

7000 Franklin Blvd #560  
Sacramento, CA 95823

Phone Number: (916) 427-8000  
Fax Number: (916) 427-8002  
Website: [www.naca.com](http://www.naca.com)  
Contact: Floyd Luke

Years in Operation: 12  
Organization Type: Non-Profit  
Area Served: Sacramento and surrounding counties

Days of Operation: Monday - Friday  
Hours of Operation: 8:30am-5:30pm

Fees: None  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Home Byer Assistance

## Sky Park Gardens Assisted Living

5510 Sky Parkway  
Sacramento, CA 95823

Phone Number: (916) 422-5650  
Fax Number: (916) 422-3632  
Contact: Craig Weech

Years in Operation: 25  
Organization Type: Assisted & Independent Living  
Area Served: Sacramento/ Elk Grove

Days of Operation: 7 Days per Week  
Hours of Operation: 24 Hours a Day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Assisted and independent living

## Shanti Care for the Elderly

8956 Warmspring St  
Elk Grove, CA 95758

Phone Number: (916) 428-6840  
Contact: Paul & Rodita Singh

Years in Operation: 1  
Organization Type: Residential home care  
Area Served: Elk Grove

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: No  
Disabled Access: Yes

Services Provided: Residential home care, transportation  
to and from doctor's, private rooms

## A. Warren McClaskey Adult Center- SCUSD

5241 J Street  
Sacramento, CA 95819

Phone Number: (916) 277-6625  
Fax Number: (916) 277-6810  
Contact: Carolyn Jones

Years in Operation: 23  
Organization Type: Non-Profit  
Area Served: Sacramento County

Days of Operation: Monday - Friday  
Hours of Operation: 7am-4:30pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Classes for senior adults

## Sacramento Japanese United Methodist Church

6929 Franklin Blvd.  
Sacramento, CA 95823

Phone Number: (916) 393-9026  
Contact: Amiko Kashiwagi

Years in Operation: 22  
Organization Type: Non-Profit  
Area Served: South Sacramento County

Days of Operation: Wednesday  
Hours of Operation: 10am-2pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Senior nutrition program

## Russel Manor Apartments

8200 Bruceville Road  
Sacramento, CA 95823

Phone Number: (916) 681-3715  
Fax Number: (916) 681-3710  
Contact: Conna Mar

Years in Operation: 23  
Organization Type: Residential  
Area Served: South Sacramento County

Days of Operation: Monday - Friday  
Hours of Operation: 8am-5pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Residential care

## Regency Place

8190 Arroyo Vista  
Sacramento, CA 95823

Phone Number: (916) 681-7800  
Fax Number: (916) 681-7844  
Website: [www.eskaton.com](http://www.eskaton.com)  
Contact: Brenda Chappell

Years in Operation: 1  
Organization Type: Independent, Senior Condos  
Area Served: Sacramento County

Days of Operation: 7 Days Per Week  
Hours of Operation: 24 Hours a Day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Assited living care. Independent living for seniors. Senior condos and residences.

## Recreation

## City of Sacramento

2450 Meadowview Rd  
Sacramento, CA 95832

Phone Number: (916) 433-6680  
Fax Number: (916) 433-6682  
Contact: Walter Cooper

Years in Operation: 6  
Organization Type: Community Center  
Area Served: Greater Meadowview

Days of Operation: Monday - Friday  
Hours of Operation: 10am-1pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Call for more information

## Elk Grove CSD Department of Parks & Recreation

8820 Elk Grove Blvd., Ste. 3  
Elk Grove, CA 95624

Phone Number: (916) 685-3917  
Fax Number: (916) 685-6942  
Website: [www.egcsd.ca.gov](http://www.egcsd.ca.gov)  
Contact: Hal Paris

Years in Operation: 17  
Organization Type: Parks & Recreation  
Area Served: Greater Elk Grove Area

Days of Operation: Monday - Friday  
Hours of Operation: 8am-5pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Adult leisure classes, special events

## Providence Care Home

8724 Elk Ridge Way  
Elk Grove, CA 95624

Phone Number: (916) 685-2392  
Contact: Garlyn Hora, RN

Years in Operation: 5  
Organization Type: Residential care home  
Area Served: Elk Grove

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Residential care

## Palm Valley Care Facility & In Home Care

8700 Milo Court  
Elk Grove, CA 95624

Phone Number: (916) 686-2128  
Contact: Jose Mantupar

Years in Operation: 5  
Organization Type: Residential care home  
Area Served: Elk Grove

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: No  
Disabled Access: Yes

Services Provided: Residential care

## Fruitridge Community Center

4000 Fruitridge Rd  
Sacramento, CA 95820

Phone Number: (916) 422-7610  
Fax Number: (916) 394-0730  
Website: [www.southgaterecandpark.net](http://www.southgaterecandpark.net)  
Contact: Sheryl Counter

Years in Operation: 45  
Organization Type: Community Center  
Area Served: South Sacramento County

Days of Operation: Monday - Friday  
Hours of Operation: 10am-3pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Meals and events

## Rizal Community Center

### Southgate Recreation and Park District

7320 Florin Mall Drive  
Sacramento, CA 95823

Phone Number: (916) 395-0601  
Fax Number: (916) 395-3934  
Website: [www.southgaterecandpark.net](http://www.southgaterecandpark.net)  
Contact: Freddie Miller (ext. 11)

Years in Operation: 45  
Organization Type: Community Center  
Area Served: South Sacramento County

Days of Operation: Monday - Friday  
Hours of Operation: 10am-2pm

Fees: None  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Recreation programs and special events for seniors

## Marriott Mapleridge Assisted Living

6727 Laguna Park Drive  
Elk Grove, CA 95758

Phone Number: (916) 683-1881  
Fax Number: (916) 683-3069  
Website: [www.marriottseniorliving.com](http://www.marriottseniorliving.com)  
Contact: Molly McGlynn

Years in Operation: 2  
Organization Type: Assisted Living  
Area Served: Elk Grove/ Sacramento

Days of Operation: 7 Days per Week  
Hours of Operation: 24 hours a Day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yess

Services Provided: Respite care, hospice care, caregiver support

## Love & Care

8774 Kelsey Drive  
Elk Grove, CA 95624

Phone Number: (916) 685-7869  
Fax Number: (916) 685-2946  
Contact: Wilma R. Deguzman

Years in Operation: 6  
Organization Type: Residential care  
Area Served: Elk Grove

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: No  
Disabled Access: No

Services Provided: Residential care for seniors in  
Christian home

## Senior Center of Elk Grove

8830 Sharkey Ave  
Elk Grove, CA 95624

Phone Number: (916) 685-3160  
Fax Number: (916) 685-1554

Years in Operation: 20  
Organization Type: Community Center  
Area Served: South Sacramento County

Days of Operation: Monday - Friday  
Hours of Operation: 9am-4pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Recreation programs, special events  
for seniors, Senior nutrition program, Senior transportation  
program

# Residential

## Briarwood Estates

9155 Quail Cove Drive  
Elk Grove, CA 95624

Phone Number: (916) 685-2587  
Fax Number: (916) 685-2587  
Contact: Steve Molina

Years in Operation: 1  
Organization Type: Residential care home  
Area Served: Elk Grove/Laguna

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Residential care

## Laguna Park RCFE

5721 Laguna Park Drive  
Elk Grove, CA 95758

Phone Number: (916) 684-0470  
Contact: Caroline Kang

Years in Operation: 2  
Organization Type: Residential care home  
Area Served: Elk Grove

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Residential care, transportation to and from doctor's, hospice for dementia and alzheimers

## JR Jones Guest Home #4

9189 Grove Street  
Elk Grove, CA 95624

Phone Number: (916) 761-5204  
Contact: Jimmie Jones

Years in Operation: 13  
Organization Type: Residential care  
Area Served: Elk Grove

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Residential care home for seniors

## Camelot Care Home

8006 Bucks Harbor Way  
Sacramento, CA 95828

Phone Number: (916) 803-1955  
Contact: Scott Dahlquist

Years in Operation: 7  
Organization Type: Residential care  
Area Served: Sacramento

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Residential care, transportation to and from doctors, private and semi-private room

## Camelot Care Home #2

9237 Crosscourt Way  
Elk Grove, CA 95624

Phone Number: (916) 803-1955  
Contact: Scott Dahlquist

Years in Operation: 7  
Organization Type: Residential care  
Area Served: Elk Grove

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Residential care, transportation to and from doctors, private and semi-private room

## JR Jones Guest Home #3

8616 Banff Vista Drive  
Elk Grove, CA 95624

Phone Number: (916) 761-5204  
Contact: Jimmie Jones

Years in Operation: 13  
Organization Type: Residential care  
Area Served: Elk Grove

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Residential care home for seniors

## JR Jones Guest Home #2

8657 Bangor Court  
Elk Grove, CA 95624

Phone Number: (916) 761-5204  
Contact: Jimmie Jones

Years in Operation: 13  
Organization Type: Residential care  
Area Served: Elk Grove

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Residential care home for seniors

## Carmen's Care Home

5392 Meadow Parkway  
Sacramento, CA 95823

Phone Number: (916) 427-1828  
Fax Number: (916) 392-9272  
Contact: Eligro & Carmen Navarro

Years in Operation: 4  
Organization Type: Residential care  
Area Served: Sacramento

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: No  
Disabled Access: No

Services Provided: Residential care home services

## Country Elegance

9489 Bradshaw Road  
Elk Grove, CA 95624

Phone Number: (916) 686-0611  
Fax Number: (916) 714-2911  
Contact: Jenny Sequeira

Years in Operation: 24  
Organization Type: Residential  
Area Served: South SacramentoCounty

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: No  
Disabled Access: Yes

Services Provided: Residential living

## JR Jones Guest Home #1

8604 Banff Vista Drive  
Elk Grove, CA 95624

Phone Number: (916) 761-5204  
Contact: Jimmie Jones

Years in Operation: 13  
Organization Type: Residential care  
Area Served: Elk Grove

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Residential care home for seniors

## J.D.Tomblin Guest Homes

8632 Diamond Oak Way  
Elk Grove, CA 95624

9410 Hospenthal Way  
Elk Grove, CA 95624

Phone Number: (916) 686-4576  
Fax Number: (916) 686-4929  
Contact: Jerry Tomblin

Years in Operation: 10  
Organization Type: Residential care  
Area Served: Northern California

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Hospice services, elderly care

## Delta Cove Senior Community

6800 Woodbine Ave  
Sacramento, CA 95822

Phone Number: (916) 427-0772  
Fax Number: (916) 427-4668  
Contact: Kathy Stroh

Years in Operation: 30  
Organization Type: Rental property  
Area Served: South Sacramento

Days of Operation: Monday - Friday  
Hours of Operation: 9am-5pm

Fees: Call for more information  
Public Transit: No  
Disabled Access: Yes

Services Provided: Senior apartments, senior nutrition lunches, senior activities

## Eden House

9959 Jetmar Way  
Elk Grove, CA 95624

Phone Number: (916) 685-2533  
Fax Number: (916) 685-6783  
Contact: Young Back

Years in Operation: 7  
Organization Type: Residential care home  
Area Served: Elk Grove

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: No  
Disabled Access: Yes

Services Provided: Alzheimers, visually impaired and hearing impaired services and care

## Immaculate Heart Care Home

7984 Golden Field Way  
Sacramento, CA 95823

Phone Number: (916) 422-7444  
Fax Number: (916) 682-6735  
Contact: Joyce DelaConception

Years in Operation: 9  
Organization Type: Residential care  
Area Served: South Sacramento County

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: None  
Public Transit: No  
Disabled Access: No

Services Provided: Residential care for seniors

## Golden Years Guest Home #2

8786 Silverberry Ave  
Elk Grove, CA 95624

Phone Number: (916) 687-3726  
Contact: Ken Ballard

Years in Operation: 4  
Organization Type: Residential care home  
Area Served: South Sacramento County

Days of Operation: Monday - Friday  
Hours of Operation: 8am-5pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: No

Services Provided: Residential care for seniors

## Gerber Residential Care

8708 Gerber Road  
Sacramento, CA 95828

Phone Number: (916) 688-3223  
Fax Number: (916) 688-3247  
Contact: Sofia New

Years in Operation: 2  
Organization Type: Residential care  
Area Served: Sacramento

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: No  
Disabled Access: Yes

Services Provided: Residential care homes for seniors

## Golden Home

7710 Elsie Ave  
Sacramento, CA 95828

Phone Number: (916) 682-5409  
Fax Number: (916) 688-9798  
Contact: Cris De Ala

Years in Operation: 8  
Organization Type: Residential care home  
Area Served: Sacramento, Elk Grove

Days of Operation: 7 days a week  
Hours of Operation: 24 hours a day

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Residential care for seniors

## Golden Years Guest Home

8516 Foxberry Court  
Elk Grove, CA 95624

Phone Number: (916) 687-3721  
Contact: Ken Ballard

Years in Operation: 4  
Organization Type: Residential care home  
Area Served: South Sacramento County

Days of Operation: Monday - Friday  
Hours of Operation: 8am-5pm

Fees: Call for more information  
Public Transit: Yes  
Disabled Access: Yes

Services Provided: Residential care for seniors